

P.E – Year 1

Objective	What it looks like
Perform dances using simple movement patterns.	We will be spending one session a week focusing on dance.
Participate in team games, developing simple tactics for attacking and defending	We will spend one session a week focusing on invasion games.
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	We will spend one session a week focusing on invasion games.